



HEALTH RESOURCES

FOR PREGNANT WOMEN AND THEIR CHILDREN

WEB SITES

CARING FOR KIDS

The Center for Disease Control (CDC) website offers information on child development, parenting tips as well as a section on specific health conditions of children.

<http://www.cdc.gov/ncbddd/childdevelopment/facts.html>

PRENATAL NUTRITION

This section of the United States Department of Agriculture website provides health and nutrition information for pregnant and breastfeeding women.

<http://www.choosemyplate.gov/pregnancy-breastfeeding.html>

PHYSICAL ACTIVITY, PREGNANCY AND MUCH MORE

A website designed to help women stay active throughout their pregnancy as well as answer questions related to healthy nutrition and sleep during pregnancy.

http://sitesearch.familydoctor.org/?q=exercise+during+pregnancy&sp_cs=UTF-8&sop=en



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Prevention Division

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